

AP=Activity Pool TP=Therapy Pool

Pool Classes

(Instructor name in italics)

<p><u>Aqua Zumba®</u> \$25/month (Activity Pool) 11:30 am – 12:25 pm; Tuesday, Thursday (<i>Lilia Gamez</i>) Integrating the Zumba formula and philosophy with traditional water fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.</p>	<p><u>SilverSneakers® - Splash</u> (Activity Pool) 10:30 am – 11:25 am; Tuesday, Thursday. (<i>Marty Milburn</i>) 11:30 am – 12:25 pm; Monday, Wednesday, Friday (<i>Maureen Neagle</i>) This class offers shallow water movements that improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special kickboard is used to develop strength, balance and coordination. Non-SilverSneakers member must pay to enroll.</p>
<p><u>Arthritis Foundation</u> \$25/month (MWF), \$20/month (T/Th) (TP) 9:00 am – 9:55 am; Tuesday, Thursday (<i>Anne Collier</i>) 1:00 pm – 1:55 pm; Monday, Wednesday, Friday (<i>Armstrong</i>) The purpose of this class is to exercise within your capabilities in a warm water setting. You will increase muscle strength and flexibility and minimize stiffness.</p>	<p><u>Water Aerobics</u> \$25/month (MWF), \$20/month (T/Th) (TP) 10:00 am-10:55 am; Monday, Wednesday, Friday (<i>Jessica Dixon</i>) 2:00 pm–2:55 pm; Monday, Wednesday, Friday (<i>Marty Milburn</i>) 4:30 pm – 5:25 pm; Tuesday, Thursday (<i>Bridges/Moyer</i>) 5:30 pm–6:25 pm; Monday, Wednesday (<i>Lindgren/Thurston</i>) This class will include different variations of movements to improve heart health, coordination, balance and strength.</p>
<p><u>Hydro Fit – Noodle Workout</u> \$25/month (AP) <i>New Class</i> 10:30 am – 11:25 am; Monday, Wednesday, Friday (<i>Enslin/ Neagle</i>) This workout is a medium to heavy impact workout designed to improve all over body tone and flexibility as well as improve cardio-conditioning. This noodle workout is made fun by the sounds of all your favorite music tunes.</p>	<p><u>Water Fit</u> \$20/month (Activity Pool) 9:30 am-10:25 am; Tuesday, Thursday (<i>Marty Milburn</i>) This low impact class is designed to improve your cardiovascular condition, endurance, and enhance your all around fitness. Equipment may be used at times.</p>
<p><u>Joints In Motion</u> \$25/month (Therapy Pool) (<i>Jessica Dixon</i>) 7:30 am - 8:25 am; Monday, Wednesday, Friday or 9:00 am – 9:55 am; Monday, Wednesday, Friday Exercise to enhance flexibility, balance, posture, range of motion, coordination and increase circulation.</p>	<p><u>Water Strength</u> \$20/month (Therapy Pool) 5:30 pm - 6:25 pm; Tuesday, Thursday (<i>Bridges/Moyer</i>) You will strengthen and tone all your muscles in this workout in the water. Equipment will be used for added resistance with a little bit of cardio training added on for your heart.</p>
<p><u>Lap Swim</u> FREE (Activity Pool) 7:00 am – 9:30 am; Monday through Friday 3:00 pm – 6:30 pm; Monday through Friday This time is reserved for lap swimming only. There are 4 lap lanes available. »Lane sharing is necessary and expected.</p>	<p><u>Open Swim</u> FREE (Activity Pool & Therapy Pool) The pools are open for the general use for all members any time there is no scheduled activity. »Please shower before entering the pool. »Pool shoes are required on the deck areas and in the locker rooms.</p>